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This Changes Everything

Climate change documentary one of many acclaimed international films at HIFF this weekend. See page 4.

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K0M 1S0
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$ 500.00

Reaching out into their District, the Haliburton and District Lions Club present a cheque for $500 to the Highlands East Old Rec FUNraising Committee in support of new rubber flooring for the Wilberforce Arena. From floors to food and so much more, the Haliburton Lions can be counted on to support community needs!
People in photo from left to right: Lion Ray Howlett, Lion Jack Lawr, Lion James Lawr, Lion Tina Hadley, Hilda Clark, Barb Schofield, Patricia Simiana, Kathy Rogers, Gwendolyn Saunders, Nataly Mylan. Photo by Linda Heeps

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Enter as often as you like until December 22nd. Shop Local at any Haliburton BIA store and enter a ballot which you will receive with your purchase.
* Subject to availability ,peak travel time and blackouts.

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- Sand Bottom Entry to Lake

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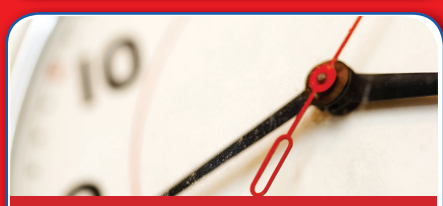

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-Beautiful sand beach and spectacular western sunset vistas.
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YEAR-ROUND HOME OR COTTAGE - $235,000

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-End of quiet, private road, 2.25 acres

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BEECH LAKE $298,500

-Adorable 3-season Cottage with Large Bunkie
-100 ft. frontage, shallow entry water frontage
- 3 bedrooms, fireplace, large screened porch
- Completely level, spacious lot

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Weekend of fine film, hot docs

The ninth annual Haliburton International Film Festival is offering up eight hand-picked productions to entertain and intrigue local audiences.

From Friday, Nov. 13 to Sunday, Nov. 15, festival goers can enjoy some of the best of the film circuit right in the village of Haliburton.

Friday starts with two international offerings: *What We Did on our Holidays*, a British film, starting at 6:30 p.m. at the Northern Lights Performing Arts Pavilion, followed by *Ida*, a subtitled Polish drama – the winner for Best Foreign Language Film at the Oscars this year.

On Saturday, enjoy three films and one documentary starting with *Mommy* at 10 a.m., a French Canadian film, followed at 1:30 p.m. by *Living is Easy with Eyes Closed* (Spanish with subtitles), *Two Days One Night* (French with subtitles) at 4 p.m. and the documentary *This Changes Everything* by Canadians Avi Lewis and Naomi Klein at 7:30 p.m.

Sunday starts with *Cloudburst* at 10 a.m., a Canadian comedy about a lesbian road trip. At noon is *Al Purdy Was Here*, another Canadian piece, this time a documentary about the rebel poet.

Festival VIP passes are $40 and individual tickets, when available, are $10 at the door. For more information, go to www.haliburton-movies.com/festival.html or call 705-286-3696 or 705-286-2644.

Haliburton Village BIA invites you to

Winter Warm Up

Friday, November 20th

after the Santa Claus parade
at the Haliburton Legion Branch 129
Enjoy a spaghetti dinner, prepared by the
Legion Ladies Auxiliary, for just $5.00 a plate
~ Includes garlic bread, tea, coffee,
hot chocolate and cookies.

Look for the Kids Craft Table, lots of great
Door Prizes and a Free special gift for each child!
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An evening of great music and Christmas cheer
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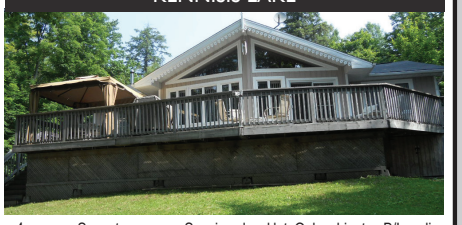
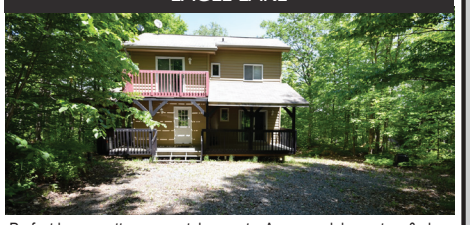


4 season. Sunset exposure. Spacious level lot. Oak cabinetry, B/I appliances, cathedral ceiling, 3BR/2Bath. Great shoreline, large dock system.

$495,000

EAGLE LAKE



Perfect home, cottage or rental property. Awesome lake system & close to Sir Sams. 1.5 Storey, 3 bedrm, full basement. .

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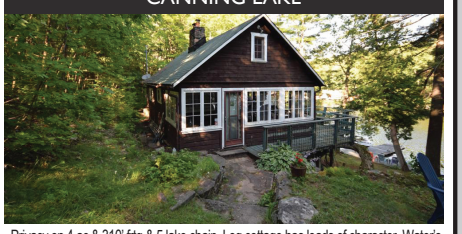
CANNING LAKE



Privacy on 4 ac & 310' frtg & 5 lake chain. Log cottage has loads of character. Water's edge Bunkie & Sauna/Change room. Clean shoreline & pretty lot. Great package!

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LOON LAKE

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PRISTINE REDSTONE LAKE

Beautiful Island cottaging. 2BR with character & warmth. Well cared for. Large deck, many upgrades, huge dock, great shoreline. & room to grow.

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Bookish behaviour

Living Large

Humour by Steve Galea

No doubt you've already heard of last weekend's book gala.

Books elevate us and fire our imaginations. They allow us to live vicariously through others. And, very often, they teach.

Here are some of the things I have learned from books.

1. A book will make you appear smarter. In fact, the mere act of carrying one raises your perceived IQ by at least 10 points – unless it's a colouring book.
2. Books can give a person a much needed lift. Three to four medium-sized hard covers are all I generally require to reach most top shelves.
3. A good book can even teach a deer fly a lesson or two – mostly how it's not safe to bother someone trying to read on the back deck in summer.
4. When someone you are not overly fond of asks you to recommend a book, advise them to read *Moby Dick* or *Wuthering Heights* and caution them that both books pick up after first 100 pages. They'll never talk to you again.
5. The mere act of carrying a book can give the impression you are interesting – unless the title is *The Secret Life of Garlic* or *Bunions: the Untold Story*. Then, not so much.
6. Yes, a good book can keep you up all night, but a bad book can cure insomnia.
7. Books contribute to our economic recovery. You can make even the cheapest person spend money by giving him or her the first two books from a really good trilogy.
8. You can hide things in books by carving out the centre part of all the pages, but you should know librarians frown upon this.
9. Books can show you the true meaning of irony: for instance, if you kill a spider with *Charlotte's Web*.
10. If you can walk long distances with a book balanced on your head, you either have great balance or parents who dropped you when you were a baby. You can probably guess which one I have.

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November 21
after the Parade

An Annual Fundraiser for Community Programming

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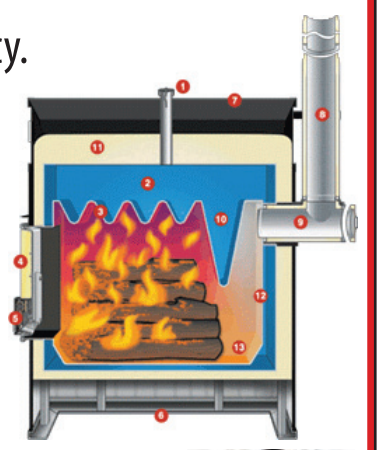

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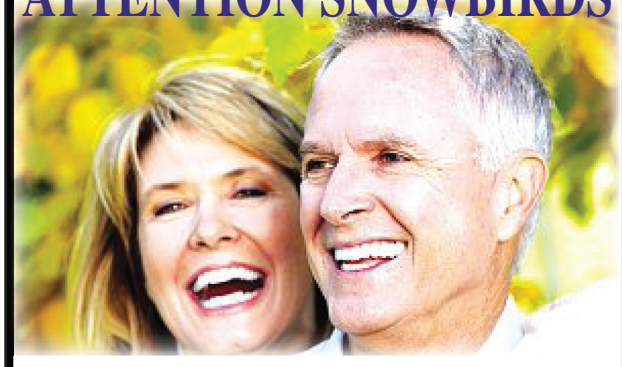

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FRIDAY, NOVEMBER 20th 6:30 pm

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Watch for the Lions Collecting Food & Money For The Food Banks

Haliburton Lions and Rotarians are matching the money collected up to $500 each

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Tree Lighting and Carols" at the "Town Tree" at 6:00 pm and "Winter Warm-Up" at the Legion after the parade

Canada Postal workers will be on the parade route collecting letters for Santa. All letters will be answered by Santa before Christmas

REMEMBER - NO PARKING ON HIGHLAND STREET

The parade is proudly brought to you by the Haliburton BIA and the Haliburton & District Lions Club

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Highlands Christmas Shindig

Saturday, November 28th, 7.30 pm at the Northern Lights Performing Arts Pavilion. Tickets are just $20.00, available at Cranberry Cottage in Haliburton and Sassy Digs in Minden.

Dame Beatrice & Elf

and all their friends are back for another wonderful start to your holiday season!

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- Raven Mad Crow Society
- Scotty Morrison
- Chad Ingram & Tim Tofflemire
- Bill Candy
- Highlands Little Theatre
- Highlands Brass Quintet
- Haliburton Highlands Youth Ensemble
- Tom Regina & Stan Russell
- Jim Love
- And featuring Mike Jaycock and Lorraine McNeil

Music, Comedy, Stories (and a few fibs too!) Plus, you'll have yummy intermission treats and a chance to win some fabulous raffle prizes. **Best of all** you 'll be helping an important community cause.

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Head's Up won the first prize for their costumes in the Bowl a thon for the Special Olympics Red Wolves

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OPENER The Moontones

Saturday Nov 21

7:30pm

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Test your home for radon gas

Radon is the leading cause of lung cancer for non-smokers, yet many people do not realize the risk it poses or the need to test their homes.

With the arrival of the colder weather and local residents spending more time indoors, now is the time to take action against radon, according to the Haliburton, Kawartha, Pine Ridge District Health Unit. November is Radon Action Month, and it is timely for people to measure radon levels in their homes and take corrective measures if the levels are too high.

"We can't see, smell or taste radon, so it is important to test for radon to ensure the level in a home is within safe guidelines," says Bud Ivey, a public health inspector with the HKPR District Health Unit. "Long-term exposure to high levels of radon in your home can pose health problems, including developing lung cancer."

Radon is a naturally-occurring gas that is produced by the breakdown of uranium in soils and rocks. As it escapes into the environment, radon gas gets diluted and does not pose a health risk. However, in confined spaces like homes, high levels of radon gas can accumulate and become a health hazard. Typically, radon can seep into homes through openings such as unfinished floors, windows, pipes, sump pumps and cracks in the basement floor or foundation.

"This is typically the time of year when we spend more time indoors, so now is the perfect opportunity to check to see if radon levels in your home are within acceptable limits," Ivey adds.

Health Canada sets the current acceptable level for the amount of radon in indoor air at 200 becquerels per cubic metre. To see if they are within the Health Canada guideline, people have two options to test radon levels in their homes:

- One way is to purchase a simple and inexpensive do-it-yourself test kit available at most hardware stores. The typical price range for a kit is $25-$175. Ivey stresses the importance of following the instructions for setting up the radon test and for sending it back to a lab for analysis when the testing period is over.
- The second option is to hire a radon measurement service provider to do the work. Here, it is important to ensure the provider is certified and will conduct a long-term test.

Based on the test results, people will need to determine what actions are required to reduce radon levels in their home. The steps to do this are relatively easy and reasonably priced. According to Health Canada, some of the steps that can be taken to reduce radon include: increasing the ventilation to allow an exchange of air, sealing cracks and openings in foundation walls and floors and around pipes and drains, and renovating existing basement floors, particularly earth floors. Radon levels in most homes can be reduced by more than 90 per cent for about the same cost as other home repairs such as replacing the furnace or air conditioner (Ontario Lung Association). For more information on radon, call the health unit at 1-866-888-4577 or visit www.hkpr.on.ca.

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Santa Claus Parade
Saturday November 21st at 11:30am
Floats start on Bobcaygeon Road/McKnight Dr. and finish at the SG Nesbitt Memorial Arena.
Meet Santa in Nature's Place (at the Cultural Centre) and have a free hot chocolate while you wait.
Kids! Don't forget to bring your letter to Santa!
To enter a float please contact Elisha at 286-2298 or eweiss@mindenhills.ca
Minden Hills

Halloween frights

A member of the Haliburton Highlands Secondary School Interact Club put on a haunted classroom on Friday, Oct. 30. The club collected non-perishable food items for the Haliburton Food Bank and donations for an international charity to be named later. There were close to 100 people who went through the self-guided tour of the classroom during the lunch hour. DARREN LUM Staff

A member of the Haliburton Highlands Secondary School Interact Club gets a reaction from teacher Ryan Merritt.

Ayla Demuth gets ready to play some "fear pong" at the Halloween family fun day at Wilberforce's Lloyd Watson Centre on Oct. 31.

Halloween sweetie

Katarina Baker, who was a little camera-shy, was dressed as a strawberry for the Halloween family fun day in Wilberforce on Oct. 31. CHAD INGRAM Staff

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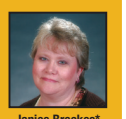
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Kim Butt*
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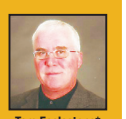
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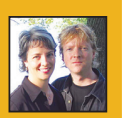
286-2138 x 29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& Andy Mosher**
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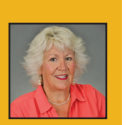

Denise LeBlanc*
286-2138 x 23

Head Lake Haliburton $79,500

NEW PRICE

- Fantastic Triple lot in Haliburton
- Located on a quiet dead end street surrounded by towering red pines
- Access to private boat launch, pri–vate beach and picnic area
- Private Boat slip available

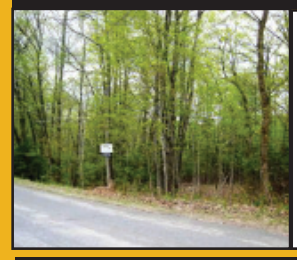
Drew Bishop 457–2128 x 23

Lovely Country Home $199,000

- Yr round 3 bdrm home or cottage south of Kinmount
- 13 acres close Burnt River access on municipal road
- Backs onto Rail Line for sledders and ATVs
- 2 small cabins also on property need repair

Dagmar Boettcher 457–5968

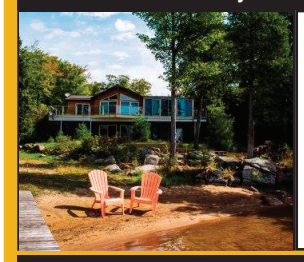
Prime Haliburton in town Lot - $70,000



- Fronts on Riverside and backs on Dean Crt
- On Municipal Road with Hydro pole on roadside
- Well treed/good frontage/.88 acre lot
- BUILD YOUR DREAM HOME!!

Janice Brookes 457–2128 x 22

Custom Viceroy – Canning Lake $899,000



- Private home 3.9 acres with 5 Lake chain boating
- 3450 Sq Ft includes open concept living & entertaining space
- 4 large bedrooms & 3 full baths as well as finished lower level
- Quality construction & energy efficient, this one really has it all!

Kim Butt 286–2138 x 31

Snowmobilers Haven -Kennisis Lk $589,000

- 1496 Sq Ft, 3 Bdrm, 2 Baths, Oil Furnace, Laundry
- 30x30 Insulated &16x25 Garage, Store Boat, Sleds
- Near OFSC Sled Trails/Haliburton Forest
- Lg Deck And Dock At Water, Sand & Deep Water

Gloria Carnochan 754–1932

Downtown Haliburton Opportunity $249,500

NEW LISTING

- 13 Ft Rd Frontage, .01 Acres
- 1,325 Sq Ft, 2 levels and base–ment
- Municipal sewer and drilled well
- Perfect main street exposure

Mark Dennys 457–2128 x 30

Four Bedroom Country Home $252,900

- 6 acres, private, plenty of hard wood, just minutes to Minden
- 2 full baths, 2 storage buildings and "The Hot Tub Hut"
- Beautiful New Kitchen, built in appliances, open concept living
- Great level yard, perfect for children, a truly lovely family home

Tom Ecclestone 286–2138 x 26

Saskatchewan Lake $199,900

WINTERIZED HOME OR COTTAGE

- Two story home or cottage
- Fully winterized, drilled well
- Great hiking, kayaking, swimming
- Rental potential, 3 bdrm, FAO

Lee Gauthier 754–1482

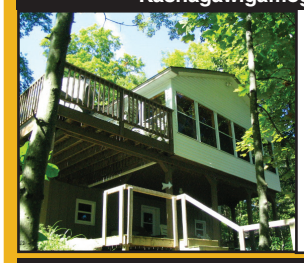
85 Acres on Redstone River $74,900

NEW LISTING

- Close to West Guilford with beauti–ful view over the Redstone River
- Rugged natural acreage has trails throughout, cleared area overlooking the river
- Great privacy, beautiful rocks, terrain, waterfalls etc. Ideal for a getaway cabin!

Andrew Hodgson 286–2138 x 29

Kashagawigamog Lake $399,900



- Nicely updated cottage on 5–lake chain.
- Newer kitchen, bathroom, flooring, lighting,
- Miles of boating
- Clean rock & sand shoreline.

Susanne James & Andy Mosher
457–2128 x 33

Horseshoe Lake Rd $69,000

- Gorgeous 5.5 ac lot beautifully treed
- Overlooking Horseshoe Lake
- Driveway is in and hydro at the road
- Public beach and lake access
- Call Denise

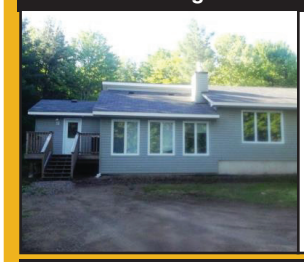
Denise LeBlanc 286–2138 x 23

8 Acres $39,900

- Township road
- Driveway in
- New small cabin on property
- Private & quiet

David Lee 286–2138 x 27

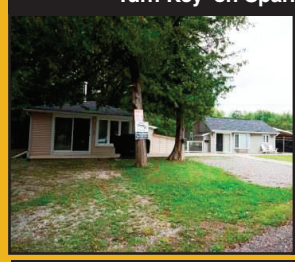
Eagle Lake Home $229,900



- Recently built Guildcrest Home
- close to Sir Sam`s Ski & Bike
- Over 2 acres, private lot
- 3 bedrooms, 2 baths, jaccuzzi tub

Erin Nicholls 457–2128 x 34

'Turn Key' on Sparrow Lake $567,900



- 3 Winterized cottages on Sparrow Lake in Gravenhurst
- Great investment or family com–pound property
- Everything has been updated beautifully
- Includes Beautiful dock with lake–side patio and fantastic swimming

Brandon Nimigon 457–2128 x 27

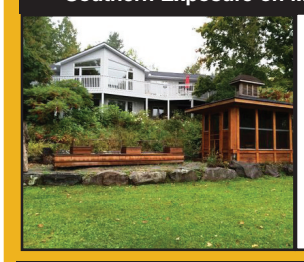
Home + 5 Acres $174,900

NEW PRICE

- 3 Bedroom, 2 bath home has great bones
- Features new shingles, new bamboo floors, galley kitchen & open concept dining/living room.
- On 5.5 acres with trails throughout, lovely gardens, small pond & great privacy

Karen Nimigon 457–2128 x 29

Southern Exposure on Mountain Lake $799,000



- Lots of room for the family with 4 bdrms & 2 full bath
- Open concept main living area & a fan–tastic view of the lake
- 3 season screened room is next to the DR plus large LR w/woodstove insert
- WO bsmt with massive fam rm, Plus att dbl car garage (insulated and heated)

Greg Stamp 457–2128 x 28

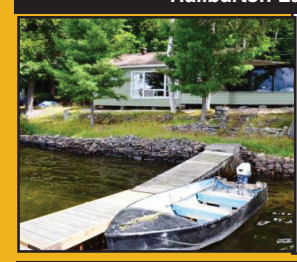
Welcome Home $173,000

SOLD

- Marvelous starter or retirement home
- Walk to all amenities of Haliburton Village
- All living on one floor, 2 bedrooms, 1 bath
- Detached single car garage

Kim Stamp 457–2128 x 24

Haliburton Lake $349,900



- Enjoy spectacular sunsets from this well–kept 3 bedroom cottage
- Large screened porch with easy year round access
- Close to public beach and boat launch

Elizabeth Thompson 457–2128 x 52

Maple Lake $219,000

NEW PRICE

- Charming 3 Bedroom Cottage
- Sunny Southern, Sandy Shoreline
- Over ½ Acre Lot
- Comes Furnished and Ready to Enjoy
- Boating and Exploring on a 3 Lake Chain

Melanie Vigrass 286–2138 x 32

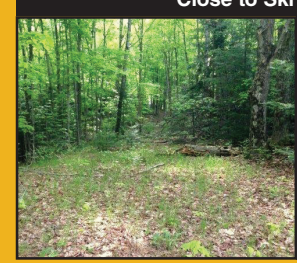
Wonderland Rd $289,000

NEW LISTING

- Fabulous location just minutes from Haliburton
- 2 bedroom bungalow on large level lot
- Separate workshop plus double garage
- Connected to town sewers

Tom Wilkinson 286–2138 x 25

Close to Ski Hill $34,500



- Building lot in Eagle Lake Area
- 1.37 acres with frontage on 2 municipal roads
- Easy access with services at lot line
- Public beach, shopping & restau–rants nearby

Andrea Wilson 457–2128 x 25

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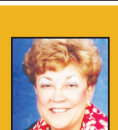
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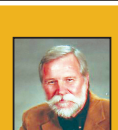
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Recovering from trauma and growing optimism

By Jenn Watt

Nancy Brownsberger's family lost many of their possessions on a cold March day in 2014. She watched as local firefighters hurried to rescue the things they could from her Eagle Lake home before fire claimed the rest. She stood there for four hours.

A busy, go-getter type, Brownsberger tried to return to normal life soon after, but the imprint the trauma had made was deep. Within a few weeks she was exhibiting symptoms of post-traumatic stress disorder. By the end of the summer it was full blown complete with nightmares, panic attacks and fatigue.

"It affects you on a sensory level," she says. "If I heard anything that sounded like the fire, I would be up like a shot."

Months later, she found herself pressed against the side of Country Pickin's clothing store in Haliburton on the day of the Rotary carnival, propelled into panic at the sight of fire trucks in the parade.

"You think you're losing your mind," says Brownsberger, a lifelong social worker who had just taken a new position with Community Support Services doing community outreach.

PTSD permeated all aspects of her life.

"I could be in the middle of doing one task at work and completely lose where I was and actually be lost. I couldn't figure out where to go next and if I had more than one task to do I would become completely immobilized," she says.

Perhaps because of her time in social work, Brownsberger sought help right away. A group of medical professionals helped her through the long process of recovery, first getting the exhaustion, fatigue and panic under control and then changing the foundation of her life itself.

More balance was needed in her life, Brownsberger was told. She had to slow down, live more and plant her feet more firmly on the ground to gain the stability she needed to truly deal with the PTSD.

"I was given the gift of six months of intense therapy where I was told a year ago by the medical team that was assisting in my plan of care that I needed to change the way that I react in the world or I would never be able to come out the other side of PTSD as successfully as I did," she says.

Brownsberger's reactions to the world could be frenetic, she says, motivated to do more and be better, to the detriment of herself.

"My motto before the fire was go faster, do more, be better," she laughs. " I think a lot of women do that."

The lessons she learned from her six months of soul searching can be applied to people more generally, she says, and has recently embarked on a new venture: GO Consultants. GO stands for "grow optimism."

The life coaching is for anyone who wants to make a change. Brownsberger stresses that she's not a therapist and life coaching is not for anyone struggling with mental health issues – it's for those wanting to shift gears on something in their lives whether it be changing jobs or improving relationships.

She is also offering a series of workshops beginning Saturday, Nov. 14: the Sunny Saturday Morning Series.

"I want to teach. I want to teach what I learned," she says. "I learned about being present every day and finding abundance and joy in life, even when we're so busy. It can happen. You can do it."

The first of the three-part series is called Finding Your Giggle.

"What is it that creates that abandon in your body to be completely present and happy?" she says. Putting your toes in the sand, building a sand castle, blowing bubbles, colouring, swimming, playing a board game – these all fall into the category of play, which is the first tenet of what Brownsberger learned.

The second is "nurture," or learning to be mindful, and the third is "grow," putting together play and mindfulness to stay grounded.

"There's neurological research out there that's now proving that we as a society or a generation believe that busyness is equated with success. And I'm here to say no," she says.

It took a different kind of soul searching for Brownsberger to decide to tell everyone about her struggle with PTSD, but she says it's important to talk about it openly.

"It was very interesting to me, and this is what gobsmacked me, that even professionals, health-care professionals, had no idea [about PTSD] and massive judgment," she says.

She says she received incredible support from her medical team, family, friends and community members, but acceptance was not universal.

"It was baffling to me that in 2015 the stigma that is still associated with mental illness and the intolerance and judgments that go along with that. It's abhorrent."

She says her experience made her want to speak out more about mental health issues.

"Yes, I'm launching my business because I really want to reach out. I really want to help people. I do it in my professional daily life ... but I also want to raise awareness to the stigma of mental health in our community," she says.

Coming through the other side of PTSD ended up being one of the most beautiful things to have happened in her life, Brownsberger says.

Now she wants to share it.

For life coaching or to RSVP for the Sunny Saturday Morning Series, you can contact Brownsberger at 705-854-1189 or by email at brownsbergernancy@gmail.com. The first in the series is Saturday, Nov. 14 from 9 a.m. to 11:30 a.m. at Skye Cycle in the Halco Plaza in Haliburton, 83 Maple Ave. Cost is $25 a person.

Nancy Brownsberger recently launched her new business GO Consultants. She is starting with three workshops – the first, Finding Your Giggle is happening on Saturday, Nov. 14, in Haliburton. PHOTO SUBMITTED

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Redstone Lake Lot -1.14 Acres	$280,000	Fred Jones Rd -4 Ac Riverfront	SOLD $67,000
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Kennisis Lake- 212' frtg	$195,000		
Percy Lake -105 ft frontage	$177,000		

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Little Hawk Lake Road, 1.03 Ac	$24,500	Hwy 503, 1.7 Acre Lot	$17,900
Hwy 503, 1.3 Acre Lot	NOW $14,900		

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at 7:30

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Let's fill the rink with blue in memory of Dawson

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Dated Events

HALIBURTON: Meet the Dietitian
When: Thursday, November 12, 10 am to Noon,
Where: Ontario Early Years Centre (83 Maple Ave., Halco Plaza, lower level) in Haliburton Village.
An opportunity for parents/caregivers to speak to a Public Health Dietitian and learn more about introducing solids and first meals, feeding your family, mealtime routines, dealing with picky eaters and preparing healthy snacks. NutriSTEP Screening is available for children 18 months to five years of age. Call 1-866-888-4577, ext. 1233, for more information.

Alzheimer Society
Who Ya Gonna Call? Finding the Right Support at the Right Time
When: Thursday, November 12, 1:00 pm - 3:30 pm
Where: Haliburton Highlands Hospital, Ruth Parkes Room, 7199 Gelert Road
Do you have questions about the services of our local community organizations? Do you want to learn more about the resources available to you? Have you ever wondered about which service to access and when? Have we got answers for you! We hope you will join us for this informative panel discussion, featuring representatives from some of our local community partners:
Please call the office to register as seating may be limited:
Peterborough office: 705-748-5131 Lindsay office: 705-878-0126

Minden United Church: A concert to support the Syrian Refugee Program of the United Church Mission and Service Fund
When: Friday November 13th 7:00 pm
Where: Minden United Church, 21 Newcastle St. Minden 705-286-1470
Tickets $15.00
Featuring the music of composers, Diana Chappell and Brian Stevens and special guest, Barbara Grenier, performing songs from their latest CD, A song Upon My Heart, including Hearts Joined As One, celebrating the 90th Anniversary of the United Church of Canada.

Parklane Christmas Sale
When: Saturday, November 14th 9:00am - 2:00pm
Where: Parklane Apartments 1 Victoria Street.
Baked goods, Crafts & Craft supplies
Knitted items, Maple Syrup, Toys
Trash & Treasure Sale - Bargains Galore!
Wooly Tree donations will be collected for the 4C's Christmas Hampers

Kinmount and Area Artisans Guild "Mistletoe Magic" Christmas Sale
When: Sat. Nov. 14th (10 am - 2 pm)
Where: Kinmount Community Centre

Haliburton County Historical Society
When: Wednesday Nov. 18/15, 1:30 PM
Where: Laking House (Haliburton Echo)
Presentation of a plaque for Laking House Circa 1917

(CFUW) Winged Wonders - The Fascinating World of Bird Photography
The Canadian Federation Of University Women (CFUW) are having a speaker this month.
When: November 19th, 7-8 pm
Where: Fleming College
Who: Dan Busby
Dan was born and raised in Western Canada and worked most of his professional life in Atlantic Canada. His quest for photographing wild birds and nature over the past 30 years has taken him to Europe, Australia and five Canadian Provinces. Dan is a "life-long birder" and professional biologist, having received a B.Sc. (H) and M.Sc. in ornithology from the University of Manitoba. He recently retired from the Canadian Wildlife Service where he was involved in bird conservation and the study of toxic chemicals and their effects on birds, avian diseases, migration monitoring and numerous research projects. Dan is currently a member of Bird Studies Canada and is on the Board of Trustees for the Baillie Fund. He is a full time resident of Haliburton and supports the Haliburton Highlands Land Trust as well as sits on the Lands Committee.
There is no charge for attending the talk but certainly donations to our scholarship fund would be welcome.

Haliburton Highlands Field Naturalists
When: Thursday November 19, 2015, 1:00 pm
Where: Haliburton Museum
Wolves of Algonquin Park, presented by Rick Stronks, Chief Park Naturalist
Public welcome $5.00, Members free
Refreshments available

FENELON FALLS: 'Meet the Dietitian',
When: Friday, November 20, 10 am to Noon,
Where:Ontario Early Years Centre (12 Water St., Rear) in Fenelon Falls.
An opportunity for parents/caregivers to speak to a Public Health Dietitian and learn more about introducing solids and first meals, feeding your family, mealtime routines, dealing with picky eaters and preparing healthy snacks. NutriSTEP Screening is available for children 18 months to five years of age. Call 1-866-888-4577, ext. 1233, for more information.

MINDEN: Free Flu Shot Clinic
When: Saturday, November 21, 1 pm to 2:45 pm
Where: Minden Community Centre (55 Parkside St.).
Protect yourself from influenza by getting your free flu shot (Reminder to bring your Ontario Health Card). For more details, call the Health Unit at 1-866-888-4577 or visit www.hkpr.on.ca.

St. Anthony's Catholic Church Annual Christmas Bazaar
When: Saturday November 21, 10 am - 2 pm
Where: Victoria Street, Haliburton
Draws, Craft Table, Toonie Table, Bake Table and Luncheon

Recurring Events

Rexall Haliburton, Flu Shots Available
Mon-Sat 9am-9pm, Sun 10am-6pm.
No Appointment necessary.
Available to everyone in the community

Haliburton Legion Blood Donor Clinics
1:30-6:30pm
Monday, November 30 2015
Monday, January 25 2016
Monday, March 28 2016

Cancer Support Group,
Open to anyone who has been diagnosed with or survived cancer. We meet the 3rd Tuesday of every month in the Ruth Parkes Room at the Haliburton Hospital from 1 pm to 3 pm. Please contact Lynn Higgs Thompson 705-457-2941 for more information.

Al-anon Minden
When; Monday evenings at 8 p.m.
Where: Hyland Crest (north entrance, follow signs inside building), 6 MacPherson, Minden
Details: For relatives and friends of problem drinkers. For more information call 1-888-425-2666

NEW! WAY TO GROW! SIRCH Family Hub
When: Wednesday afternoons 2-4:30pm from November 11 to December 16
Where: Ontario Early Years Centre in Haliburton
Why: Meet other parents and gain valuable information to keep your family safe and strong
Who: Moms and dads with children under 6
Nov 11 - Cool Your Heat and Hydro Bills this Winter!
Nov 18 - Keep Your Family Safe this Winter
Nov 25 - Meet at Thrift Warehouse! Tour and Shop!
Dec 2 - Online Dangers - Do You Know What Your Kids are Doing Online?
Dec 9 - Learn to use a fire extinguisher and get a coupon!
Dec 16 – That's crazy talk! Normalizing mental health concerns / resources and support
All presentations will be held from 2:30-3:30pm.
There will be refreshments available for parents and their children.
There will not be childcare during these sessions. Parents are responsible for their own children.
(Wednesday November 25th will not be at the Centre but parents can meet at the Thrift Warehouse in Haliburton at 128 Mallard Drive for a tour and shopping!)
Help with transportation may be available. Call Margee @ SIRCH for details 705-457-1742

Yoga at the Dorset Recreation Centre
When: Tuesdays November 3 to December 8 from 6:30 to 7:30pm
$30.00 for 6 weeks
Registration required - call the rec. centre 705-766-9968

The VON SMART exercise program for balance, strength and flexibility.
When: Minden, Tuesday's at 11 at the Hyland Crest Auditorium, Haliburton, Thursdays at 1pm at EchoHills.
Please contact Judy Webb@ 705-286-5098 or Carol Browne @ 705-457-4551 for more information.

Kitchen Party Music Jams
When: Every Saturday From 1:00 pm to 4:00 pm (continuous event)
Where: Dominion Hotel Pub, 113 Main Street, Minden, ON
Details: Musicians are welcome to come out to play and Fans are welcome to come out and enjoy the music at the free Jam Sessions every Saturday afternoon - 1st Saturday Folk/Celtic Music, 2nd & 5th Saturdays Mixed Acoustic Music, 3rd Saturday Country Music & 4th Saturday Bluegrass Music.
Contact: Gerry Mitchell at (705)799-5008 or by email at kitchenpartymusicjams@hotmail.com

Toastmaster Minden, NEW PLACE NEW TIME NEW DAY NEW PRICE FEE
When: Tuesdays from 12 to 1:00
Where: OPP conference room
The fee has been dropped.
Anyone, who is 18 to 80 years of age can attend. Come three times to a meeting before you have to decide if you want to join. Short term 8 week courses are also available."

HALIBURTON HIGHLANDS WEAVING & SPINNING GUILD OPEN STUDIOS:
Time: Every Tues. 1-4p.m.
Place: Zion United Church, Carnarvon
No experience needed.
Contact: Pat @ 705-286-7782 or andreacoysh@gmail.com

Haliburton Region Shout Sister! Choir
When: Practices are held Thursday nights from 7-9 pm
Where: Haliburton United Church, Fellowship Room, 10 George St., Haliburton.
Details: Directed by Laurel McCauley, Welcoming new members. We do not audition and learn our music by ear. All levels of singers are welcome. We sing a fun variety of music from pop and folk to Motown.

Taoist Tai Chi
Carnarvon: Zion United Church
Monday: 6:00 - 8:00 pm
Tuesday: 10:00 am - noon
Friday: 10:00 am - noon
Wilberforce: Lloyd Watson Centre
Monday: 1:00 - 2:30 pm
Wednesday: 2:00 - 4:00 pm
Haliburton: United Church
Monday: 9:30 - 11:00 am
Health Recovery: Monday 1:00 am - 12:30 pm
Wednesday: 6:30 - 8:30 pm
Thursday: 10 am - noon
Kinmount: Galway Community Centre
Monday: 10:00 am - noon
Thursday: 10:00 am - noon
For more information contact: Wilma at 705-457-5829 or Maria at 705-457-2200

Films by the falls
When: Last Tuesday of each month, September thru May (excluding December)
Where: Fenelon Falls Secondary School, 66 Lindsay St
$10 ea at the door.
Visit: http://filmsbythefalls.com or email: filmsbythefalls@gmail.com for more info.

Legion Events

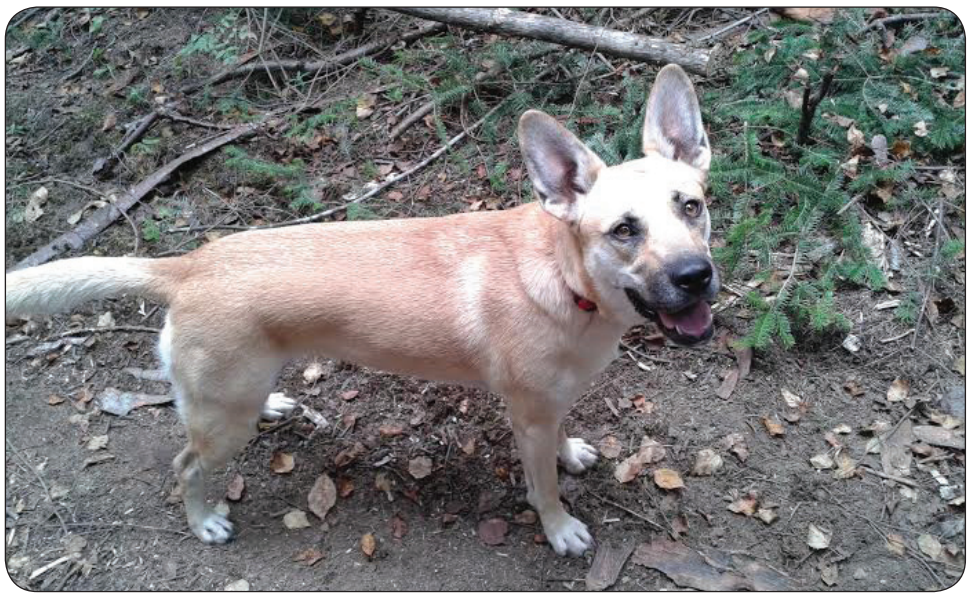
Branch 624, Wilberforce
Jan Simon PRO October 16th – October 22nd
Friday Pool 2:30pm
Ham & Scalloped Dinner 5:00-7:00pm
Jam Session 7:30PM
Saturday Meat Draw 2:00pm - 5:00pm
- Early Bird 3pm sharp
Veterans Dinner – Cocktails 5:00pm – Dinner 6:00pm
Please come out to honour our Veterans. $15.00 per plate for non veterans
Monday Bid Euchre 7:00pm Beginners Welcome!! Come out and learn
Wednesday Fun Darts 7:30pm
Upcoming Events
The Ontario Trillium Fund Committee of the Royal Canadian Legion, Douglas C. Hatch, Branch 624 is pleased to announce our Open House on Sunday November 8th from 3:00-4:30pm.
The OTF Grant of $49,500.00 has allowed us to renovate the washrooms and replace Emergency exit doors; one with a new roof/shelter. The Branch also installed a new automatic propane generator which will not only allow us to continue business in a power outage but provide a "Warming Center" for the community if need be.
Please join us for our open house and presentation from the OTF to recognize the accomplishments of the committee. MPP Laurie Scott will be attending.
Hope to see you there!
Bid Euchre Tournament, Sunday, November 15th in honour of Betty Irvine
Registration 11:00am – Play 12:00pm SHARP $6.00 entry returned in prizes

Branch 129, Haliburton
Dave Allen, PRO 705-457-2571
Mondays: Bridge every Monday at 1pm
Tuesdays: Tuesday Night Dart League starting at 7pm
Wednesdays: Bid Euchre 1pm start
Bingo Doors open at 6pm, Bingo starts at 7pm - $500 Jackpot, **$1000 Jackpot** last Wednesday of the month.
Thursday: General Meeting Second Thursday of the month starting at 7:30 pm All members urged to attend Ladies Auxiliary Last Thursday of the month at 1pm
Fridays: Cribbage 1 pm start
Meat Draw Five Draws, Five Prizes each draw, First draw at 4:30 pm, Last draw at 6:30 pm, Tickets are $2 per draw…Chester Howse, MC
Fun darts - 4:30 pm onwards
Saturdays: 50/50 Draw 4 pm draw, Tickets are 1$ each from noon onwards
Sundays: Breakfast Second and fourth Sunday of the month - 9:30 am - 1 pm $6 per person. Occasional volunteers are needed.
Upcoming Events: Live entertainment featuring The Country Hot Flashes Saturday **November 14th** 4-7pm & The Highlands Trio Saturday **November 21st** 4-7pm in the Club Room -$5 cover charge for non members.
Remembrance Day Service 10am Wednesday November 11th and dinner in the Main Hall -doors open at 5pm/dinner at 6pm -$15 pp
Ladies Auxiliary Snowflake Bazaar Saturday **November 14th** 9am-2pm
For more details call (705)754-3319.
Whether you're planning a function for 10 or 200, for more information call the Legion today at (705)457-2571. Come on out and support Haliburton Legion Branch 129... everyone is welcome!

Branch 636, Minden 705-286-4541
1st Sunday of the month - Big Euchre starting at 12 noon, 12 games for $12 includes lunch
1st Wednesday of the month General Membership Meeting 7:30 pm
Mon-Thurs - lunch 12-2, full menu & daily specials
Tuesdays - 12-2 Liver Lovers day, plus full menu
Wednesdays - Meat Draw at noon, $8 buys 8 chances for butcher-quality meat
Thursdays - 7pm Euchre
Fridays - beer-battered fish and chips for lunch 12-2 and 5-7pm for supper, or onion rings or chicken wings

Branch 441 Kinmount
PRO Raquel Linton 705-488-3191
Mondays: Seniors cards, pot luck lunch 1230 followed by Bid Euchre
Family Fun Bingo 630pm Children & Adult fun and All welcome!
Wednesday: Summer Drop In Darts
Fridays: Bingo 6:45 all welcome $300 Must Go Jackpot
Saturdays: 5pm Meat Draw
Upcoming Events:
Saturday October 31st @ 5pm, Musical Meat Draw, Live music by Jeff Moulton, Yummy Food, prizes to be won if you come in costume

Sunday November 15th 'Spirits And Splatters' is coming to Kinmount !! from 2pm-430pm the Branch will be filled with creative people painting a beautiful field of poppies ! Never painted ? No problem, a fun professional artist will be there to help you step by step. Apron, paints, canvas, brushes, easels and fun are all provided. For only $45 you go home with your finished piece of art. Pre-registration is required and you can do this on www.spiritsandsplatters.com or by calling Mary-Lou at 705-488-3174



Looking for a home: Cashew

Female Carolina dog, four years old, 40 lbs

Cashew is in a foster home where the foster dad is also a professional dog trainer. He finds her very attentive and submissive. She is thrilled to be rewarded with petting and praise, which makes training easy.

Cashew had separation anxiety which appropriate training has helped to alleviate. Her foster tells us that a good quality plastic dog crate (not a wire one) is essential for when she has to be left alone. He has gradually helped Cashew to become accustomed to the crate. She no longer thinks that being in her crate is cause for anxiety.

This is a smart, easily trained dog. Cashew is a very people oriented dog and should not be left alone for longer than necessary.

Cashew is a medium energy dog who is friendly with adults, children, male dogs, horses, and became friendly with a cat. In the right home she will be a wonderful canine companion.

Cashew's adoption fee is $300. She has been spayed and is up to date with her vaccinations.

For more information or to inquire about adopting Cashew, email Home Again at info@homeagainbancroft.ca or call 613-332-5253.

READY-TO-WEAR WORD SEARCH

I	A	G	C	F	S	W	S	T	W	P	H	I	W	M	S	D	Y	H	R
F	C	Y	P	H	O	E	F	U	K	Y	P	H	B	U	T	T	O	N	S
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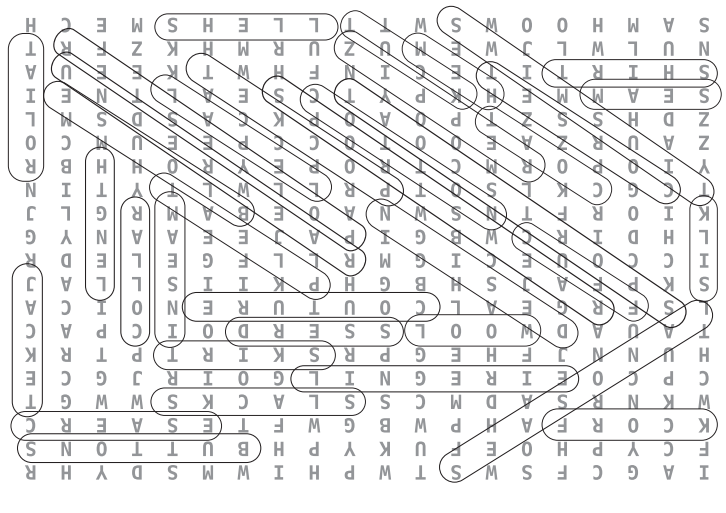
Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

BLOUSE
BUTTONS
COAT
COLLAR
CORSET
COTTON
COUTURE
CREASE
CUFF
DESIGN
DRESS
FROCK
HEM
INSEAM
JACKET
LAPEL
LENGTH
LINGERIE
PLEAT
POCKET
POLYESTER
SEAM
SEASONAL
SHELL
SHIRT
SILK
SKIRT
SLACKS
SPORTS COAT
SPORTSWEAR
SWIMSUIT
TAILOR
TUCK
UNDERWEAR
WOOL
ZIPPER

ANSWERS



Sell that unwanted item in our **CLASSIFIED** sections.

Three papers, One Low Price!

$15.00 For up to 25 words.

Your classified word ad will appear in all three of our weekly papers: *The Echo, Times and County Life.*

Call 705-457-1037 or 705-286-1288

Weekly ad deadline: Thursday 4 p.m.

CountyLife

THE ECHO HALIBURTON COUNTY

The Times MINDEN ONTARIO

Minimum Weekly Circulation of 10,000 Copies!

County Classifieds

classifieds@haliburtonpress.com Deadline Friday at 4 pm.

100 LESSONS/CLASSES

FLEMING COLLEGE:
Professional Chainsaw Operation
Sat/Sat/Sun
November 07 & 14 & 15.
First Aid – Standard w/CPR
Tue/Wed Nov 17 & 18
Call 705-457-1680 to Register

300 FOR RENT

3 bedroom home on gorgeous one acre in town lot. $925 plus utilities. Available Jan. 1 or earlier. Artists studio with 2 bedroom also available on site. Email rcarson@deloitte.ca

380 COMMERCIAL SPACE FOR RENT

Building for Rent: Available December 1. On Industrial Park Rd. Ideal for retail and or service. Please Call 705-457-4021

A WORLD OF OPPORTUNITY AWAITS YOU

200 FOR SALE

WOOD BURNING STOVE Lakewood, Catalytic, Model Special II, Variable Speed Blower, Double Doors with Glass, Fire Box 21"W x 13" H x 18" D ULC Approved. $500.00 Call 905-505-1234

320 ROOM AND BOARD WANTED

Responsible young man requires room and board close to Haliburton from November to March. Please call 705-457-0712 with details

400 EMPLOYMENT OPPORTUNITY

HEATING AND COOLING COMPANY REQUIRES SERVICE/ PARTS MANAGER HVAC EXPERIENCE AN ASSET. WAGE DEPENDANT ON EXPERIENCE PLEASE EMAIL RESUME TO kegelheatingandcooling@hotmail.com

www.haliburtonecho.ca

www.mindentimes.ca

260 AUTOMOTIVE FOR SALE

WINTER TIRES AND RIMS, Set of 4 BFGoodrich Winter Slalom 205/70R15 of Buick Century. Used under 5,000km. Bolt Pattern s/b Bolt Pattern 5/115. Paid over $800, Asking $475. Call 705-286-1285

300 FOR RENT

Furnished Bachelor Apartment in Wilberforce. 650.00/month. 1st and last. Non smoking. Call 705-448-8815.

House For Rent 8 minutes from Haliburton 4 bedroom 2 bathroom: fireplace, cathedral ceilings, hardwood floors, jacuzzi bath. Available for December 1st. $1200 a month utilities not included. Contact Pam 705-991-1964 or David 613-979-6669

FIND IT in the newspaper

SHOPPING PARTY!

1 DAY ONLY
Sunday November 15

25% OFF STOREWIDE!
10 am - 4 pm

V&S
Your Hometown Values & Savings Store

Sale priced items excluded, some exceptions apply.

187 Highland St. Haliburton 705-457-2715